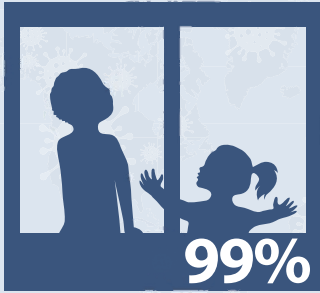
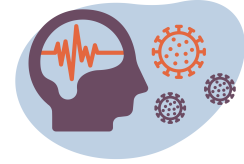




# COVID-19

## Effect On Child Mental Health



99%

of children are living with restrictions on movement

60%

live in countries under full or partial coronavirus lockdowns

1.5 billion children are out of school



Girls are particularly affected, with containment measures resulting in increased gender-based violence



Younger children are at great risk, as high levels of stress and isolation can affect brain development, sometimes with irreparable long-term consequences

[COVID-19 is hurting children's mental health](#)

### Toxic Shock Syndrome-Like Symptoms



### Children in Home Confinement



### Challenges of Collecting Racial Data



Data is not being collected in a standardized way or consistently

### COVID-19 Survey



### Posttraumatic Stress Disorder

30% Met the clinical criteria for post-traumatic stress disorder



#### [Top NYC Pediatrician Warns of 'Alarming New Information' About COVID-19 and Kids](#)

- Reviews emerging information that some children are experiencing toxic shock syndrome-like symptoms after COVID infection

#### [Mental Health Status Among Children in Home Confinement During the Coronavirus Disease 2019 Outbreak in Hubei Province, China](#)

- 22.6% of students reported depression symptoms and 18.9% reported anxiety symptoms
- Both of these are higher than previous research on this population

#### [Documenting Disparity: The Challenges of Collecting Racial Data on Coronavirus](#)

- Data is not being collected in a standardized way or consistently
- Ex: CDC notes racial data is "missing or unspecified" for 65 percent of all confirmed U.S. cases
- Can also be difficult to measure things that didn't happen, such as lack of testing or denial of care
- Also notes importance of descriptive data, not just quantitative

#### Super Awesome COVID-19 Survey (market data/industry-facing)

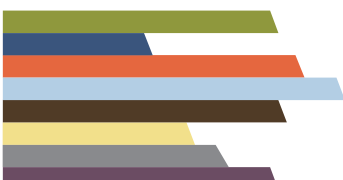
- 71% of US children are now at home
- 4% of US kids surveyed report feeling worried, 25% report being anxious, 19% report feeling helpless, 35% report being scared

#### \*Sprang G, Silman M. Posttraumatic stress disorder in parents and youth after health-related disasters

- Children who were isolated or quarantined during pandemic diseases were more likely to develop acute stress disorder, adjustment disorder, and grief
- 30% of the children who were isolated or quarantined met the clinical criteria for post-traumatic stress disorder

\*Disaster Med Public 2013; 7: 105-10. (Sample from 5 US states and Mexico City due to H1N1; Toronto due to SARS)

\* Mental health focused, but includes global numbers





## TEENS UNDER QUARANTINE



A survey of 770 adolescents (Mage = 16.34, 72% female) showed ways in which COVID-19 is affecting teen behavior. Greater attitudes about the severity of COVID-19 were associated with more social distancing, disinfecting, and news monitoring, but also more hoarding. Greater social responsibility was associated with more disinfecting and news monitoring, and less hoarding. Participants who reported valuing their own self-interest over others reported less social distancing and more hoarding. Greater social trust was associated with less hoarding.

Resource: Pre-print, based on survey conducted March 20-22, 2020. Oosterhoff, Benjamin & palmer, Cara. (2020). Psychological Correlates of News Monitoring, Social Distancing, Disinfecting, and Hoarding Behaviors among US Adolescents during the COVID-19 Pandemic. 10.31234/osf.io/rpcy4.



### How to answer 7 big questions kids have about the coronavirus pandemic

1. Will I get sick? Will my parents get sick? What happens if we do?
2. Why do I have to wash my hands so much?
3. When can I go back to school?
4. Why can't I visit my friends or my grandparents?
5. If my parents are home, why do they have to work instead of playing with me?
6. I'm not sick, so why do I have to take precautions?
7. How can I help?

### Why you should talk to your child about the coronavirus

#### To make them feel safe

Having conversations with your child allows you to know where their understanding is. It also helps them develop a deeper understanding of the situation because they can ask questions and have an open dialogue, so everyone can be on the same page.

#### To know the crisis' impact on them

The coronavirus pandemic is a traumatic event; it's unprecedented and something that's affecting everybody. Coronavirus could be an adverse childhood experience, especially with how the situation has escalated.

#### To see how they are adjusting to new behaviors

When you see your child engaging in some form of play, that's a wonderful opportunity to ask them open-ended questions like, "What's going on? Why are your toys spread out?" That way, you can understand how your child is grappling with the situation and that's an opportunity for you to maybe have some teachable moments.

#### To help them understand what is happening

First of all, find out what they know. Ask them what they know, what they think, what they feel about it. If a child asks, "Are people dying?" Say yes. Don't lie, but remember to tell them that not everybody dies. Add that positive into the conversation.

You can explain how we can social distance to keep our families safe or wear a mask and wash our hands more.



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